

Goodlovebliss – A Feeling of Virtuous, Loving, Blissful Happiness

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Humanity evolves to ever-higher states of being both physiologically and psychologically. While at the present time, before the genetic, nano and other computer-assisted technologies futurists like Pearce and Kurzweil describe raise our level of consciousness hedonically, cognitively and in other ways, we pursue this evolution through the spiritual paths described by religious figures like Buddha, Patanjali, Moses, Jesus and Mohammad, the through pharmacological ways developed by shamans presumably beginning tens of thousands of years ago and that have been achieved by modern medicine.

Some of what limits the rate of our psychological evolutionary advancement today can be described as the linguistic constructs that strongly influence the state and manifestations of our individual and collective consciousness. In other words, (excuse the pun) our words have a powerful influence on this advancement.

For example, in today's world, the term happiness is sometimes greeted with distrust and a level of apprehension. When one realizes that happiness can be, and is too often, gained by both immoral and moral means, such hesitation is quite justified. So it's not happiness that, as Aristotle and others have pointed out, is our essential goal, it's a virtuous happiness that we're more directly aiming for.

And our quest is not simply about virtuous happiness per se, but rather about what might be described as a higher, as opposed to relatively lower, virtue. It might be virtuous to gain one's happiness through the diligent work of cataloging every star in our galaxy, but however much value this work may have to our scientific understanding of reality, we would have to admit that such virtue seems quite pale when compared to the virtuous act of developing a cure for cancer, or finding a way to end all wars. Just as Aristotle considered happiness, or at least the eudaimonia he described in *Nicomachean Ethics*, as the "highest good," I humbly propose that the highest happiness might be described as what we commonly refer to as love. To love oneself and others is to help oneself and others feel happy, or happier.

Another limitation of the word happy is that it doesn't set a very high bar for our world, whose global happiness level today stands at about 65 out of 100, (here in the U.S. we score about a 70). We don't just seek happiness; we seek the very strong and lasting happiness that in my opinion is best represented by the word "bliss."

But, while it's not merely happiness we want, but rather a very virtuous, loving and strong happiness we aim for, we're at present without a word to describe this happiness. Well, that is until now.

Many years ago I coined the word "goodlovebliss" to describe this more perfect happiness. Back then I was afraid it was a bit awkward, but in our world of Google and Yahoo, I no longer have this fear. While I have more recently shared the word with a few close friends, I haven't yet

attempted to popularize it so that it can help our world in the ways I describe above. Hence this article.

I work on my virtuous, loving, powerful happiness each day like dedicated athletes work on their body each day at the gym. Rather than describing it to myself as happiness, however, I've been using the word goodlovebliss. It took a while, but I've begun to really appreciate the power of this distinction to the effectiveness of my work. So, here's to a world where everyone's thoroughly immersed in what seems the highest of all possible psychological states, and where we seem to be heading, however long it might take us to get there.

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